

WSK8 2023 CROSS COUNTRY SCHEDULE

Day	Date	Cross Country Location/ Host	Teams Going	TIME	Dismissal	Depart	Est. Return
THR	9/21	WSK8/JCMS @ JUNIPER HILLS	JCMS, WSK8, Obsidian, St. Francis, Trinity	4 pm	2:15 pm	2:30 pm	6:45 pm
TUE	9/26	Culver @ Culver Athletic Complex	Culver, JCMS, WSK8, Cascades, 7 Peaks	4 pm	1:45 pm	2:00 pm	7:00 pm
THR	10/5	Obsidian @ American Legion Park	OMS, SMS, WSK8, St. Francis, JCMS	4 pm	1:45 pm	2:00 pm	7:15 pm
WED	10/11	Trinity @ Alpenglouw Park	Trinity, JCMS, WSK8, Cascades, St. Francis, EGMS	12 pm	8:55 am	9:10 am	3:45 pm
WED	10/18	Sisters @ SMS	SMS, WSK8, Culver, EGMS, JCMS	4 pm	1:15 pm	1:30 pm	7:45 pm
THR	10/19	JUNIPER HILLS JeffCo Invite	WSK8, JCMS, CULVER, MHS, CHS, Community Members	4:30 pm	NA	3:30 pm	6:00 pm
WED	10/25	DISTRICTS @ JUNIPER HILLS PARK MADRAS	OMS, EGMS, SMS, WSK8, St. Francis, JCMS, 7 Peaks, Trinity, Cascades, CCMS, Culver	10 am	8:15 am	8:30 am	2:00pm

- Students need to take all their belongings to the locker room for practice and games, locking up all possessions. Items that will not fit in the sports locker should be locked in the PE office.
- Practices are everyday (from 2:50-4:30) of the week.
- Students will not be allowed into the hallway after practice or after meets.
- Parents who do not attend away meets, please plan to meet your child at the estimated return time. Runners will call for a ride when we leave the opposing school so you can time it.
- Students need to pack a healthy snack to eat on the bus, a water bottle for the meet, and a dinner for the way home. Please refer to the Guidelines for Activity Bus in the Athletic Handbook for additional rules on the bus.
- The bus will not stop for food. Sunflower seeds and drinks in cans will not be allowed on the bus. ALL DRINKS MUST BE IN RESEALABLE CONTAINERS.

If you have any questions, please contact me at 815-915-3866 or call the school

Head Coach/Athletic Director - Scott Vrana email: svrana@509j.net Assistant Coach - Jacob Billy

Revised 9/14/2022